



MMHG Smart Consumer Programs

Check out the following programs that may help you save time and money!

Telehealth

What is Telehealth? Members can visit doctors and providers anytime, anywhere in the United States using their smartphone, tablet, or computer with a webcam. Check out the flyers below for the most common conditions treated, including Behavioral Health.

- [BCBSMA Telehealth Flyer](#)
- [HP Telehealth Flyer](#)

SmartShopper Incentive

(BCBSMA, non-Medicare Members only) Receive a reward for shopping for high quality, lower cost services.

- [SmartShopper Incentive Program Information FAQs](#)

CanaRx mail order prescription drug

This cost saving program is for members taking brand name maintenance medications approved by their doctor. It provides no copays with the convenience of receiving medications in the mail:

Visit <https://www.canarx.com/plan/?planid=MMHG> for up to date information with current BCBS/HP Formulary/Enrollment Form

Learn to Live Program

All employees/retirees are eligible for this program. Are you struggling with Stress, Depression, Anxiety, Insomnia, Substance use? Try our free confidential online program. You and your family members (age 13 and older) can enroll for free in any of the interactive programs: RESILIENCE I STRESS, ANXIETY & WORRY I SOCIAL ANXIETY I DEPRESSION I INSOMNIA I SUBSTANCE USE I PANIC.

- [Learn to Live Overview](#)

MMHG Wellness Program

All members are eligible. We offer many seminars, webinars, cooking demos, smoking cessation, weight management programs, healthier you initiatives, exercise classes, and much more!

- [MMHG Wellness Website](#)
- [MMHG Wellness Webinars \(watch anytime\)](#)
- [Savory Living program - limited free spots still available](#)